



ZULULAND MULTI SPORT CLUB

Established 1997

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Bearing Man Group and Nashua Zululand, Proud Sponsor of the ZMSC



Affiliated to:

Triathlon South Africa, KwaZulu Natal Cycling, KwaZulu Natal Athletics, KwaZulu Natal Canoe Union and KwaZulu Natal Swimming

NEWSLETTER 10 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<ul style="list-style-type: none"> • Thank you for the canoe rack owners who have paid so far. • Unfortunately, we have only received payments for 23 racks so far. • If you have not managed to pay yet, PLEASE can you do so asap, R160 per rack. 	<ul style="list-style-type: none"> • There will be NO club run this weekend as well as next weekend. • We would like to wish all our COMRADES runner's good luck for your race on Sunday. Stay positive, start slow and enjoy! We will see you at Gillitts and Cato Ridge. - Gail Arnell, Desiree Verwey, Graham Hulett, Colin Geel, Izelle Geysler, Puis Radebe, Bheki Sithole, Richard Mbuyazi, Andre Venter, Rochelle Souchon, Sarie Pretorius, Marsha Muller, Charl van der Bergh, Geert de Jonckheere (Honorary member, now living in Australia) 	<ul style="list-style-type: none"> • iSimangaliso 4 Day MTB will take place on 17 – 20 Aug. Contact the office for the SPECIAL Club MEMBER discount.
CANOEING & SURF SKI	TRIATHLON & DUATHLON	KITCHEN & BAR
<ul style="list-style-type: none"> • Paddling Time Trials Takes place every Tuesday at 17:15. • Novices welcome. • For more info you contact Mike @ 082 923 5347 <p>Upcoming Events:</p> <ul style="list-style-type: none"> • Harbour-2-Heads 2017 9 July - Knysna - www.entrytickets.net • The International Sella Descent 5 August - codis@descensodelsella.com 	<ul style="list-style-type: none"> • Open Water Swim Training every Sunday @ 15:00. Please contact Andrea @ 083 233 7696 or Done @ 076 952 8792 for more info. • Have a look at the website below for great tips on how to improve your stroke etc: www.swimsmooth.guru • Dates and info for our Triathlon Series and Open Water Swim event to follow soon, don't miss it!! 	<ul style="list-style-type: none"> • Kitchen are open on a Wednesday from 16:00 and Saturday from 08:00 - 10:00 <p>Bar Hours:</p> <p>Weds: 16:00 - 21:00 Fri: 13:00 – 22:00 Sat: 10:00 – 22:00 Sun: 10:00 – 18:00</p>

Photos and event flyers are available on the website <http://zmsc.co.za/>

